



Waite Rug Gazette

Volume 1, Issue 2
October 2019

Waite Rug Place 300 E. Custer Ave., Oshkosh WI 54901

Waite Rug Place Fall Fest Tuesday, October 8, 2019 Noon – 2 PM



We will bring in Red's Pizza for brats, hamburgers and beverages. Kevin McHugh of All American DJ will provide the entertainment. The location has yet to be determined but will either be in the north parking lot or somewhere in the building. This is an alcohol-free, resident only event.

Please sign up to let us know how many to prepare for. There is a sign-up sheet on the large bulletin board in the lobby. Hope to see you all there!

Happy Halloween

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Newsletter Submissions

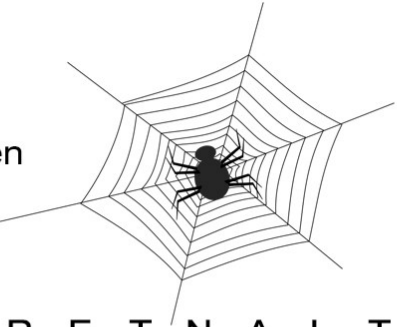
If you have any articles or ideas that you would like to share, please contact Jane Spietz at 920-424-1483 or janesp@ohawcha.org.



Submissions to the newsletter should be received by the 20th of the month.

Halloween Word Search

Circle each word in the Halloween word search puzzle below.



X S H T E N J S N R E T N A L T
E P I E Y T E G Y D N A C W I E
G O U L V R H T H A R E O E B G
N O F M O N S T E R D R R H F K
V K N O P M S E G K N X A R N H
A Y N D P K M S O H M L E S M C
M O X R U N I W D O O I B R O T
P A E A B N D N U W D S S S E I
I E F C R T M U E K K Y T E F W
R N E U Z A I E H U N U Z H U A
E V I L E M N O L G M V E O N I
K H I A K L A L F E R A C S I R

- | | | |
|--------------|------------|-------------|
| 1: PUMPKIN | 6: WITCH | 11: VAMPIRE |
| 2: COSTUME | 7: CANDY | 12: LANTERN |
| 3: GHOST | 8: MONSTER | 13: SPOOKY |
| 4: HALLOWEEN | 9: DARK | 14: EVIL |
| 5: SCARE | 10: SKULL | 15: DRACULA |

Having trouble sleeping at night? You are not alone.

Tips for Healthy Sleep Habits



If you are going to take a nap, limit it to 20-30 minutes.

Naps can help boost your mood and make you feel more alert. The catch is that you need to keep it short. If you snooze for too long during the day, you might have trouble falling sleep at your usual time at night.

The best time to go to bed is, when you are sleepy. If you try to force yourself to go to sleep when you are not tired, it can backfire. You'll toss and turn and stare at the clock, which will only irritate you. Instead, have a target bedtime and start to wind down about an hour before – maybe take a bath, read a book or do some deep breathing. When you start to feel sleepy, it's time for lights out.

If you wake up at night and can't get back to sleep you should get out of bed. After 20 minutes, get up and get out of the bedroom even if it is 3AM. Find a cozy couch or chair, and keep the lights dim while you read, knit, listen to soft music or do anything else that relaxes you. When you start to feel sleepy again, you will know it is time to go back to bed.

Should you drink alcohol before bed? Drinking alcohol may help you get to sleep, but will also wake you up in the middle of the night. Alcohol before bed is likely to make you drowsy, but don't be fooled. Although alcohol can make you sleepy, it starts to act like a stimulant as your body breaks it down. If you drink within 3 hours of your bedtime, you might end up wide awake in the middle of the night or at least have you run to the bathroom, since alcohol also makes you need to pee more.

How long before bed should you cut off caffeine? The answer is actually 4-6 hours before bedtime. It is no surprise that coffee and other caffeinated drinks keep you up, but you might not realize just how long the caffeine can stay in your system. Unless you are planning to stay up late skip the coffee at dinner (or go for decaf).

Busy Brain? Not sleepy? Stay up. While it's a good idea to go to bed at the same time each night, there will be some nights when your brain is buzzing and not ready for sleep. If so, don't lie down just yet. Your racing thoughts could lead to insomnia.

Appropriate Clothing in the Common Areas

Recently I have received complaint and have observed several instances where a resident's clothing attire is not appropriate while in the common areas of the building. First, everyone must wear shoes when they are in the common areas of the building. Finally, please do not wear robes or your bedtime clothing in the common area of the building. Please take the time to dress appropriately before you leave you apartment.

Assigned parking

I will be assigning every resident who has a registered and insured vehicle as well as a valid driver's license a parking spot. Please provide me proof of the items listed as well as a written suggestion as to which parking lot you prefer the parking spot to be in. I plan to have this project completed by the end of November.

Bob Poeschl, Property Manager, Oshkosh Housing Authority

Ph.: 920-303-5400

Email: bobp@ohawcha.org

Flu Shot Clinic



Mark your calendar! There will be a flu shot clinic at Waite Rug Place on Tuesday, October 15, 2019 from 11:00 AM - 12:30 PM in the 1st floor Business Center/Library.

Registered Pharmacist Jenni Villeneuve will be here to administer flu and pneumonia shots to any interested residents. There is a sign-up sheet posted on the large bulletin board near the mailboxes.

Manager’s Corner

Landscaping Help

On Friday afternoons throughout October (weather permitting) I will be doing landscaping work on the Custer Ave and west side of the building. This will include planting, trimming and weeding. Residents are invited to help with these tasks. I will provide the tools, gloves, and water. We will meet in the Lobby at 12:45pm every Friday for October. I look forward to working outside with everyone that comes.

Fall Fest 2019 was a blast!

We have fun group of resident present for Fall Fest 2019. Music and Karaoke was provided by All American DJ. Food was provided by Red’s Pizza. There a little dancing, some sing-a-longs, and couple of neighbors singing karaoke. Maybe next year I will sing and dance! Maybe! Next up will be a Holiday Dinner in December. Also these social events are for all residents of Waite Rug Place. They are no cost to you. All you have to do is sign up in advance so that we can order the right amount of food.

Common Area Updates

Over the next one –two months you see some changes taking place in the common areas of the building. One change will be that I am creating a more centralized seating outside the main office. All seating will move to the corner of the lobby. I am doing this to create some privacy for residents when they meet with Jane or I in our office. The other reason is when a good amount of neighbors sit out of the office, it can get pretty loud. So moving the seating will help with that as well. Another change will be that we are adding tables and chairs to the 2nd Floor Community Room. This will make that room more functional for events. Finally you will begin to see security cameras around the building for security reasons.

Concrete floors

Those of you with concrete floors (1st floor), please clean them regularly with soap and water. Theses floors stain very easily if not cleaned up right away when something happens. Rugs can be helpful in reducing this but the rugs would have to non-sticking. Failing to clean your floors regularly will lead to you being charged maintenance fees. The 1st Floor Common Hallways are all concrete. If you drop a fluid it will stain the concrete, please be considerate and clean it up right way!

Instead, do something to relax until you feel tired. Take a warm bath, for instance, or sit in a comfy chair and listen to soft, calming music. You’ll spend less time in bed but more time asleep. Information from WebMD .

Medicare Open Enrollment: Tuesday, October 15 - Saturday, December 7

When’s the Medicare Open Enrollment Period?

This year’s Medicare’s open enrollment period is Tuesday, October 15 - Saturday, December 7.

What’s the Medicare Open Enrollment Period?

Medicare health and drug plans can make changes each year—things like cost, coverage, and what providers and pharmacies are in their networks. October 15 to December 7 is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.

How do people know if they need to change plans?

People in a Medicare health or prescription drug plan should always review the materials their plans send them, like the “Evidence of Coverage” (EOC) and “Annual Notice of Change” (ANOC). If their plans are changing, they should make sure their plans will still meet their needs for the following year. If they’re satisfied that their current plans will meet their needs for next year and it’s still being offered, they don’t need to do anything.

When can people get information about next year’s Medicare plans?

Information for next year’s plans will be available beginning in October.

Where can people find Medicare plan information or compare plans?

Call 1-800-MEDICARE (1-800- 633-4227) or go online at [Medicare.gov](https://www.medicare.gov).

Where can CMS partners find information to help people with Medicare with open enrollment?

If you need help figuring out the best plan for you, contact Jane at 920-424-1483, the ADRC Benefits Specialist at 877-886-2372, or go online at <https://www.medicare.gov/find-a-plan>.

Source: CMS.gov Centers for Medicare & Medicaid Services

Waite Rug Place Staff

Bob Poeschl: Property Manager

920-303-5400 bobb@ohawcha.org

Jane Spietz: Social Service Coordinator

920-424-1483 janes@ohawcha.org

Daryl Miller: Maintenance+

Nurses: 920-424-1470 Ext. 124 Room 405

Lori Duclon: Mondays & Tuesdays

Teresa Paulus: Wednesdays & Thursdays

Waite Rug Place Office Hours

OPEN: Monday–Thursday 8:00 am - 12:00 pm

1:00 pm - 4:30 pm








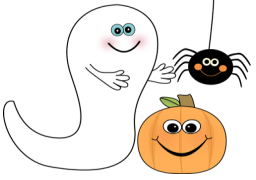
Staff hours at Waite Rug Place:

Bob: Monday 8:00 am - 4:00 pm

Tuesday - Thursday 8 am - 12 pm

Jane: Monday - Thursday 12:30 - 4:30 pm

Waite Rug Place October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 	4	5
6	7	8 BUG DAY FALL FEST NOON - 2:00 PM	9	10	11	12 
13	14	15 FLU SHOT CLINIC 11:00 AM -12:30 PM 	16	17	18 	19
20 	21	22	23 	24	25	26
27	28 OHA BOARD MEETING 3:30 PM	29	30	31 Halloween 	Happy Halloween 